

Feeling down


I am fed up with nothing to do
I miss my friends
Losing my temper
I feel lonely
I am tired
I want to cry
I do not want to get up
Everything seems bad
I cannot be bothered
It is difficult to have fun

Feeling down:

George's story

George has been feeling different from usual. He used to feel sad when activities like his Thursday night club were cancelled. But now George finds it hard to get himself going. He used to really like his volunteering, but he hasn't managed to make it along for the past two weeks. George told his friend that he feels down and lonely sometimes.

Everyone feels down at times. We feel down if something bad happens. Like losing a friend, or having no money. Often, we feel better after a day or two. But sometimes it lasts longer.

There are other names for feeling down. Some people call it depression.

What do you call it?

What does it feel like?

Sometimes we feel down all the time. It feels like every day is bad. This feeling can last a long time. Other people notice we are feeling down.

Each person feels down in different ways. 1 or 2 things can change. Or everything can seem different.



What do you notice when you feel down?

Here are some problems people can have when they feel down.
Tick the box to show what things change when you feel down.

	Yes ✓	No ✗
Low energy		
Tiredness		
Problems sleeping		
Not wanting to talk to people on the phone		
Feeling lonely		
Not interested in food		
Feeling fed up		
Losing our temper		
Crying a lot		
No interest in doing things		
Aches and pains		
Feeling unsure about things		

What other things change when you feel down?

What makes us feel down?

Sometimes we know what is getting us down. It can be small things or big things that upset us.

Catherine's Story

Catherine did not know why she was feeling down again. She arranged to meet with her sister. They talked about all the changes that had happened in Catherine's life. Her Mum died 2 years ago. Catherine had to move house. She misses her old friends and it has been hard getting to know new people. Catherine still meets with family but doesn't feel like things were how they used to be. She finds herself crying sometimes and doesn't know how to make things better.



What makes you feel down?

Tick the boxes if these things have made you feel down.

	Yes ✓	No ✗
Being ill		
Other people being ill		
Other people being unkind to you		
Someone close to you dying		
Being bullied		
Not seeing my friends/family		
Feeling lonely		
Not having much money		
Having nothing to do		
Arguing with other people		
Having little or no support any more		

What other things make you feel down?

Talk to someone

When we feel down it is difficult to know what to do. Support from other people is important. They can help us find ways to feel better. Get someone you trust to help you. Ask a friend, family member or worker.

People I can speak to about my problems:

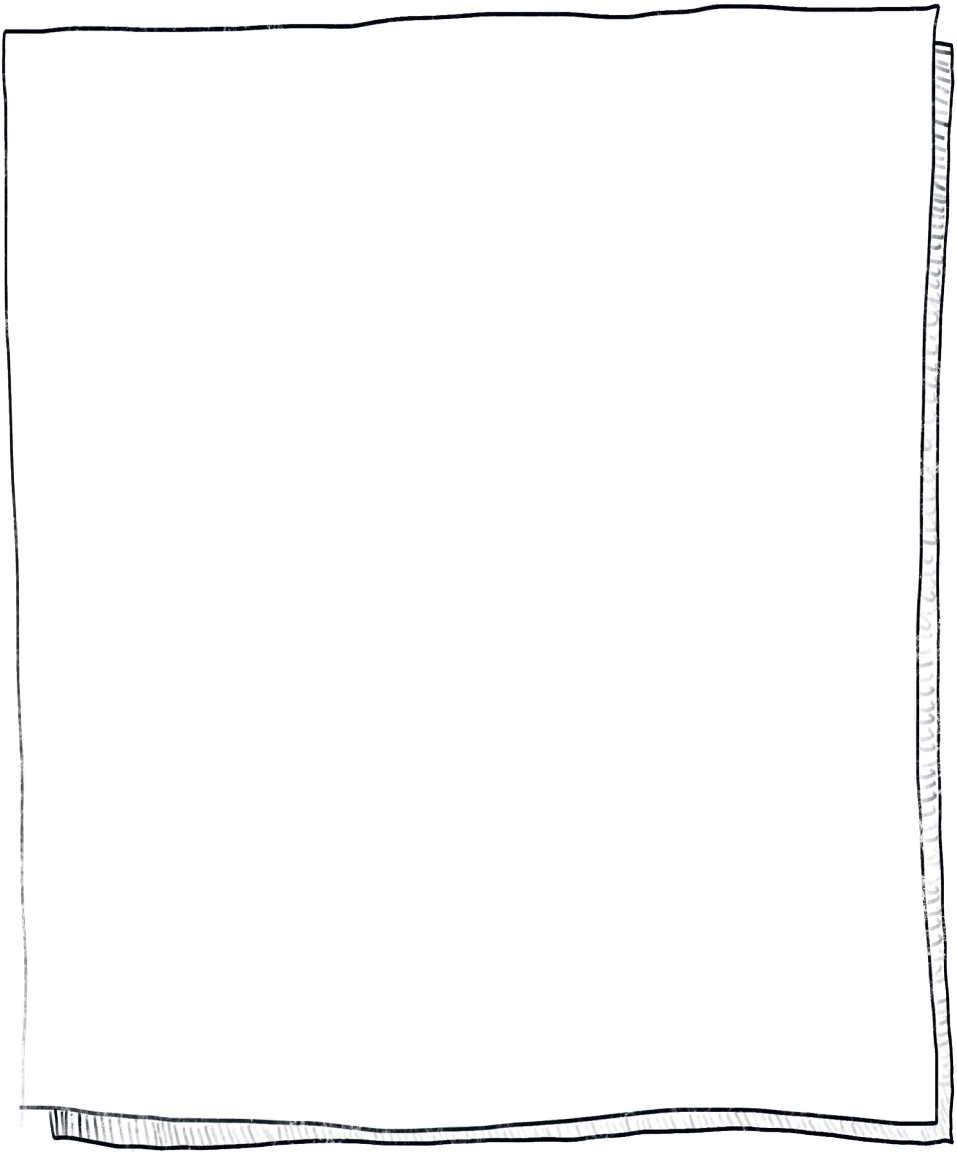


More good ideas

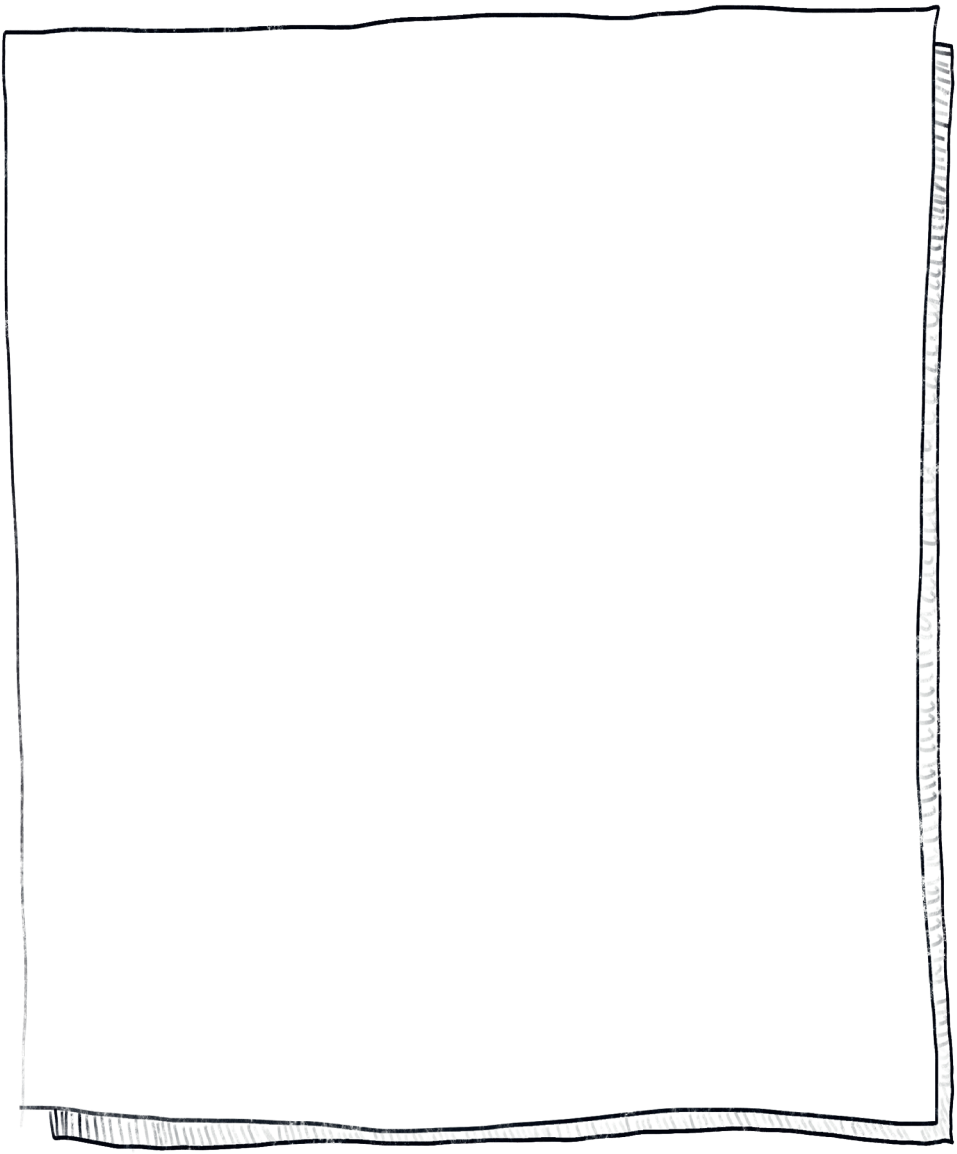
There are other booklets about sleep, getting exercise and solving your problems. These are all ways of helping you to feel better. You can look at the booklets with someone. Or, you can talk to them on the phone about the booklets. Try out the ideas in the booklets and see if they help.



Notes



Notes









This booklet was produced by
University of Glasgow

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